

# Name of Machine

## What Does This Machine Do?

*In 2-3 complete sentences, explain—What does this machine do?*

## How To Use This Machine:

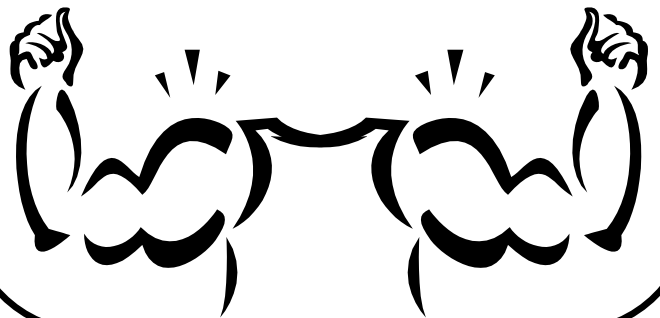
*In this box, provide CLEAR steps for how to use this machine.*

Check out this video for a demonstration of this machine:

Add  
QR Code  
Here

*In this box, provide copyright friendly images or graphics that highlight the muscles this nautilus machine works.*

*If you can't find the PERFECT picture, draw arrows or use boxes to highlight the muscle.*



## For More Information...

*In this box, identify your sources of information—  
what websites did you use?*

Created by **YOUR NAME(S)**  
**CLASS Block**